Legacy Link
YOUR LINK TO A BETTER LIFE

Nutrition & Health Newsletter

November 2025

What produce is in season now in Georgia?

- Citrus: **Satsumas, mandarins, grapefruit**
- **Root vegetables: Beets, carrots, radishes**
- Cruciferous vegetables: **Broccoli, cabbage, cauliflower**
- Greens: **Collard, turnip, mustard**
- Lettuce: **Romaine, loose leaf, bibb**
- Squash and pumpkins: **Winter squash**
- **Sweet potatoes**

Source: Eat Learn Grow Georgia

7-ingredient Broccoli & Cheese Thanksgiving Recipe

Ingredients

- 1 can (10.5 ounces) Campbells' Cream of Mushroom Soup
- ½ cup milk
- 1 teaspoon Dijon mustard
- 1 cup shredded cheddar cheese (about 4 ounces)
- 4 cups fresh or thawed frozen broccoli florets (about 12 ounces)
- ¼ cup plain dry bread crumbs
- 1 tablespoon butter, melted

Makes 6 servings with 175 calories per serving.

Source: Campbell's

Directions

1. Heat oven to 350F.
2. While oven is heating, stir the soup, milk, mustard, and cheese in a 1 1/2-quart casserole dish.
3. Add the broccoli and stir to coat. Season with salt and pepper.
4. Stir the bread crumbs and melted butter in a small bowl. Sprinkle the crumb mixture over the broccoli mixture.
5. Bake for 30 minutes or until the broccoli is tender.

Tip

Stir in 2 cups of cooked brown rice before baking for added nutrients, such as fiber, iron, and B vitamins.

November is National Diabetes Awareness Month.

Diabetes happens when blood sugar is too high. It affects approximately 38 million Americans and can cause harm to the kidneys, nerves, eyes, and heart. Managing your health can help prevent complications caused by diabetes.

Know Your Risk

You are more likely to develop type 2 diabetes if you are 35 or older, overweight, have a family history of diabetes, not physically active, have prediabetes, African American, American Indian, Asian American, Pacific Islander, or Hispanic or Latino.

Healthy Habits

Being physically active, getting enough sleep, eating healthy, and not smoking are all ways to prevent or manage diabetes.

Take Medications on Time

Take medications on time, even if you feel healthy. If you are having trouble, speak to your doctor or pharmacist.

Work with Your Health Care Team

Individuals who may be part of the team are the primary care physician, dietician, diabetes specialist, or a diabetes educator. Your primary care physician may refer you to other specialists to manage or prevent diabetes.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

Diabetes ABCs

A: A1C test can measure average blood sugar levels.
B: Blood pressure
C: Cholesterol
Ask your health care team about your ABC goals.

Maintain a Healthy Weight

Your primary care physician can help you reach or maintain your weight through healthy eating, physical activity, or other treatments.

Take Care of Your Mental Health

Feeling a range of emotions is normal. Using healthy coping strategies for stress can help. Support groups and mental health counselors may also be beneficial.